

STATION FIVE: BASERUNNING

RUNNING TO FIRST BASE:

1. Place one cone 10 feet passed first base. Each player will run to 1st base, making sure they run PAST the cone and TURN TO THE FOUL LINE SIDE (right side/outside) when finishing their run.
2. Timed running in pairs. Each runner timed 3 X's.

RUNNING TO AND FROM MULTIPLE BASES:

1. Place players on each base, have each runner demonstrate their path/approach to bases. Have each player do it slowly, and then graduate to full speed. Look for the following points:
 - a. in the ideal turn, the runner takes an abbreviated turn w/out losing too much speed on her approach to the base
 - b. Runner should begin to angle about 20 feet from the base. Once they start angling out, they should not decrease their speed. The length of the angle away from the base should be no farther than 7' or 8 feet.
 - c. Once the runner has reached her ideal angle away from the base, she must be angling toward the base gradually, so she can maintain as much speed and balance as possible.
 - d. By dipping the left shoulder in toward the infield and contacting the inside corner of the base with the RIGHT FOOT, the runner is put back on a straight line with the next base.
2. LEADS: When occupying a base, and getting ready to advance, each player will have a different lead off stance from base to base:
 - a. 1st & 2nd base: the rocker step/ the sprinter start
 - b. 3rd base: use one foot on the base and the other in front of the base (this allows the entire field to be in the runner's view.
3. TAGGING UP: Runners must watch the catch herself. Having the correct foot on the bag allows the runner to have full sight of the ball as it touches the outfielder's glove. The coach might give advice while the ball is in the air as to what she wants the runner to do on the catch:
One of 3 commands: "You're going to go; Make a fake; or halfway.

Conditioning Drills: w/ Bats **In single file formation—5 times each**

- **Change of direction—to develop quick foot action**
- **Forward—backward—to develop quick foot actions and high knee action**
- **Zigzag—to develop foot coordination and quickness**
- **Bunny hop—to improve hip flexibility and foot quickness**
- **Combination lateral—to improve footwork and leg drive**
- **High knees—to improve foot possible.**

PLAN FITNESS FOR LIFE

NUTRITION

- Important component of the overall strength and conditioning program.
- has an enormous impact on the well-being of the athlete
- sound nutritional habits are important to remain healthy.
- replace soda with water in diet.

Did you know?
Girls need one hour of
vigorous activity every day.
“RUN, JUMP, HOP, SKIP!”